



# News Release

Virgin Islands Port Authority  
Office of the Executive Director  
Public Relations Department  
P.O. Box 301707  
St. Thomas, VI 00803-1707

Tel: (340) 774-1629  
Tel: (340) 714-6640 / 714-6639  
Fax: (340) 714-1492 / 774-0025  
E-mail: [info@viport.com](mailto:info@viport.com)  
Internet: [www.viport.com](http://www.viport.com)

**For Immediate Release**  
March 2, 2015

**Contact:** Monifa Marrero Brathwaite  
Public Information Officer  
Tel: (340) 774-1629

## **VIPA Hosts Zumba Exercise Challenge on St. Croix**

The Virgin Islands Port Authority is continuing its mission to give back to the community and encourage healthy living by hosting a Health Fair and Zumba Fitness Challenge on the island of St. Croix.

The kick off to the Latin-inspired 13-week exercise program begins Saturday, March 7 at the Ann E. Abramson Marine Facility aka the Frederiksted Pier. The health fair and registration starts at 2pm to 5pm, and the Zumba Master Program kick-off follows at 5:30 pm through 7:30 pm. There will be free blood pressure, glucose and cholesterol screenings, plus free HIV testing. Healthy refreshments will be provided free of charge and participants are eligible to win prizes and fun giveaways, said VIPA Executive Director, Carlton Dowe.

The Zumba classes will be conducted by instructors Roberta Ettiene and Evelyn Pena Felix. Classes will be held every Tuesday and Thursday from 5:45 pm to 6:45 pm at the Frederiksted Pier. The program costs \$20 which covers registration and t-shirts for the 13-week Zumba Fitness Challenge participants. The deadline to register for the challenge is March 12.

(more)

Residents and visitors who would like to participate in the program without competing in the challenge may do so at no cost. For more information, please call Avia Elcock Theophane at (340) 778-1012 or Monifa Brathwaite at (340) 774-1629.

###